

# THE VALLEY NEWS



## *In this issue...*

- Dates for your diary
- New Club Records
- PB Wall of Fame
- Results
- New home for AVT news
- AVR Youth
- Air Ambulance Donation
- Run Together
- Boston Marathon
- AVR events
- Active Trowbridge
- Wiltshire and AVR Leagues
- Col's Top Shop

## Dates for your diary

- **Committee meeting** – Tuesday 7<sup>th</sup> June at 20:30pm at TRFC. If you have any points for discussion or would like to attend, please email [secretary@avonvalleyrunners.org.uk](mailto:secretary@avonvalleyrunners.org.uk).
- **AVR 5x5** - 2<sup>nd</sup> June, 7<sup>th</sup> July (all Thursdays) [Online entries here](#).
- **Westbury 5k** – 10<sup>th</sup> May, 14<sup>th</sup> June, 12<sup>th</sup> July (all Tuesdays) [Online entries here](#).
- **AVR Relay** – 9<sup>th</sup> July - 17 miles pass-the-baton relay. [Online entries here](#).

## New Club Records

It's been another busy couple of months for club records. A comprehensive list of all club records can be found on the website [here](#).

Diane Hier FV60 record	Jackie Rockliffe FV50 record	Gary MacAllister MV40 record
Street 5km (March) – 21:51 Highworth 5 mile – 35:55	Odd Down 5km – 18:33	Fission 20 miles – 2:17:23

This was Gary's first club record and so was awarded an AVR Star Vest at the the TRFC track by Sarah Emery and Sean Price.



Send any news, articles or achievements to [news@avonvalleyrunners.org.uk](mailto:news@avonvalleyrunners.org.uk).  
Also check the closed Facebook page for regular news as well as emails straight into your inbox.

# PB WALL OF FAME

Send in your personal bests to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk) for inclusion on the Wall of Fame.

## Wiltshire 10

Emily Wadds 1:28:01

## Calne Clock Change

Chris Redshaw 39:36

## AVR Results

Avon Valley Runners results 2022 are now live on the club website. Please email your results for inclusion to [results@avonvalleyrunners.org.uk](mailto:results@avonvalleyrunners.org.uk). When submitting results, please include the following information:

- Race Date
- Race Name
- Distance
- Finish Time
- Position
- Category Positions
  - Prizes
- Link to the official results
  - Personal Bests
  - Club Records

Thank you - The Results Team

# AVON VALLEY TRIATHLETES

There is a new home for AVT news.  
The first edition was recently published and can  
be read [here](#).

Check out the Twitter feed, [@AvonValleyTri](#)



## Avon Valley Runners Youth – by Rich Ayling

In December last year, I agreed to oversee the AVR Youth coaching programme for 2022 a few months down the line, it has been exciting to see so much happening! As a team we identified that in 2022 we should be aiming to develop a strong coaching team, offer training sessions that develop and challenge young athletes and develop young people through running. To achieve this, we were aware that we needed strong administration and a massive thank you should be extended to Debbie Ellis for everything she does week in week out behind the scenes.

So far, we are tracking well against our core objectives. We have a strong team of coaches and leaders contributing towards the programme and as well as having the coaching expertise of David, Jay and Chris, the programme is being fantastically supported by Jackie, Sara, Sally and Debbie who are all qualified leaders. On a Monday evening we have also had technical support from Richard Smith. Well done to Chris Redshaw who passed his CIRF course earlier this year.

We want the training environment to be really good fun and for some of our members the “highlight of their week”. This is a huge part of our outlook on the sport and the team work so hard to make this a reality at every training session. The energy and support the team are providing has been first class 😊

We've been pleased with how the group have responded to some tough training sessions! Over the winter we have focused primarily on training for cross country, and we have seen vast improvements in both training and competitions. If you think the senior's cross-country schedule is tough, spare a thought for our fantastic young athletes who have had Schools XC as well! In some cases, this has been as many as 5 additional races throughout the winter!

Dylan Neale, Jess Hiscock and Will Smith have all competed at National Cross-Country events after navigating their way through the qualifying rounds. We have also seen more junior athletes competing in GWENT Cross Country, with 6 members competed in the Bristol Gwent XC fixture (Dylan Neale, Toby Orr, George Sawyer, Dan Lewis, Jess Hiscock and Will Smith). It has also been good to see members competing in local events as well.



Jess Hiscock at Loughborough Nationals in her Wiltshire vest

One of the major changes is that internally we have re-branded from JAVR to AVR-Youth. This was important as we wanted to remove the juniors from being separate to the rest of the club. AVR's club governance reflects all members and we are hopeful this small

change will enable the club to embrace youth development as part of the future ambitions for AVR.

Youth members are the future of the club and we have already seen how many fantastic young runners have been produced by the club (just take the 12-stage relay for example, Joe, Niall, Owen and Max all started as youth athletes within the club). We will work hard to transition young athletes to become seniors when they are ready to do so.

Training is starting to shift towards the track and field season now and the focus within sessions will be around speed. Shorter and sharper reps will be included within training, as well as a greater focus on drills, technique and conditioning. By adapting the content within our sessions, it should help our young athletes fulfil their potential and also to be ready for the intensity of shorter/sharper races. A lot of the training group will compete over 800-1500 metres on the track over the summer and will also compete in some of the local fast 5km races available. We are confident that the speed work from training will give them every opportunity to record PBs over the summer.

Over the next 3 months we are hoping to see an increase in members. To help with this we will look at the AVR website, how we communicate with parents and explore a social offer for AVR Youth as well. If you are aware of any children aged 11+ who enjoy running and would be keen to train on a regular basis then please tell them to get in touch ☺



Dylan Neale with Rich Ayling at the Schools Nationals in Kent (left) and in his boys' race there.



## Air Ambulance donation

Our Wiltshire Half Marathon in November last year also raised money for our chosen charity of the Wiltshire Air Ambulance. This month, Chairman **Rich Newman** along with Assistant Secretary **Sally Frawley**, presented the charity with a cheque for £2000 from the event.



## Please cancel on Run Together

If you cannot make a run session for whatever reason, please cancel your place using the Run Together App so that spaces can be made available to others. A tutorial on how to do this is available from Sean Price on the members' only Facebook page [here](#).

## Boston Marathon - by Robin-Mark Schols

On Easter Monday, Patriots Day in the US, Avon Valley Runners member Robin-Mark Schols represented the club at the 126<sup>th</sup> Boston Marathon in Massachusetts, USA. Robin is no stranger to the distance, having been the club's V50 record holder since 2015, an achievement he was thrilled to achieve at Virgin London Marathon that year. Boston was the experience of a lifetime for him, with the race living up to all the hype. While London has always been a really memorable and enjoyable experience and the NYC marathon also a massive event with energy like nothing he'd experienced before, Boston seemed to just have something extra special, said Robin, who takes up the story below.

After months of planning and considerable financial investment into the trip, it all came down to a £20 online covid test which resulted in a stress relieving negative test, so it was off to the airport!

Once there, I experienced a warm welcome having so many enthusiastic Boston 'Runnahs' around, some of whom had run many previous times and had a lot of good local advice on where to go, how to approach the course etc. I'd also made some contacts via Facebook with a meetup organised at a large local eatery which was a

great evening. You couldn't go anywhere without constantly bumping into somebody wearing a marathon jacket, so there was always a friendly face keen to strike up conversation. Taking a trip on the freedom trail to see some of Boston's history and visiting the Cheers bar from the old TV show were a couple of the other highlights while there, along with picking up some good freebies from the expo and some of the local shops keen to also enter into the spirit of the week. In addition, it was great to meet up again with a friend I made at NYC marathon race village while we were killing time waiting to start back in 2019.



Race day itself was really exciting and far less manic feeling than at New York where we left for Staten Island at the crack of dawn to sit around for hours until we started. After I left my bag at the finish it was a 45 minute ride to the start at Hopkinton on a traditional school bus from Boston common. Once there, it left enough time to get a drink and use the facilities before a half mile walk to the start and into the start corals. We had two Hercules aircraft fly over before the national anthem followed by the starting gun and then we were off.

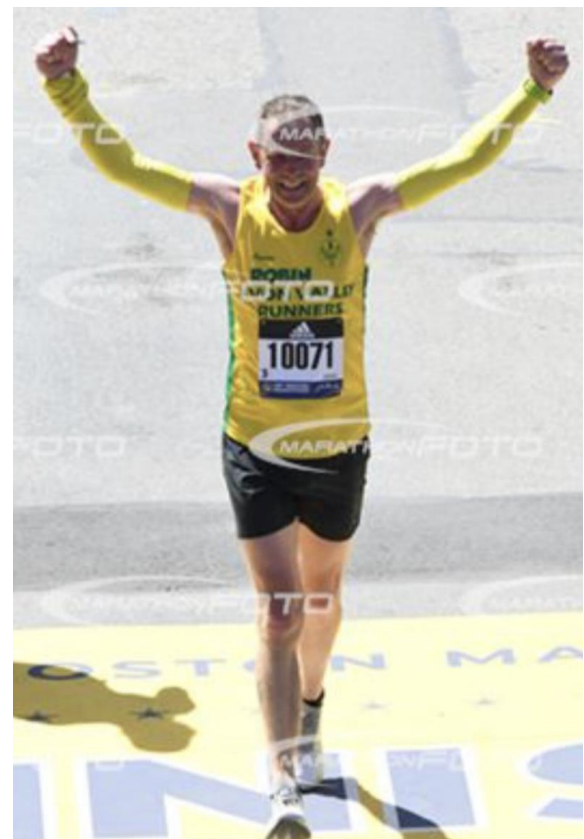
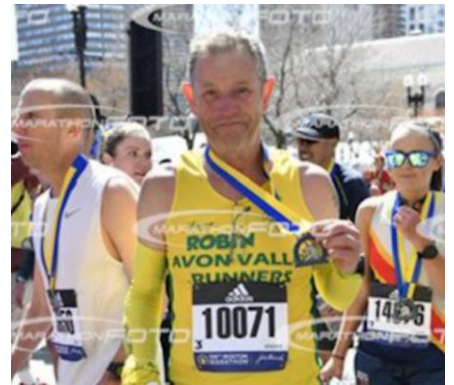
The early miles are very much out in a rural setting with lots of trees before we ran through each of the towns of Ashland, Framingham and Natick. There were drinks at every mile and many unofficial aid tables in between as residents really threw themselves into the day.

Next, I braced myself to pass the college at Wellesley, known as the scream tunnel due to the level of noise as you pass the girls' college there. You can hear the noise building in the distance as you approach. The girls line the sidewalks holding big signs offering kisses and there is a lot of excitement at this point. After this, it's head down and working to get through the toughest part of the course called the Newton Hills. After 15 miles, these are a real test with Heartbreak Hill being the last to the relief of all those taking them on and with 21 miles now in your pocket, it's a test to see what you've left for the route to the big city itself and the iconic landmarks on your way.

The support doesn't let up all the way towards the centre of the city with great support roadside the whole way, even those on the trains waving frantically so we saw their support. I continued to pass memorable landmarks including the CitGo sign that towers above Fenway Park, indicating just a mile to go and the now iconic Boston Strong bridge under which I took on my final uphill section. I was now on Commonwealth Avenue and looking for the famous manoeuvre, right onto Hereford Street and left on Boylston Street, the final straight to the finish. As I turned into Hereford Street, I was thrilled to pick Judy out of the crowd for the second time having first seen her at Newton and it gave my tired legs a real lift.

As I mustered as much energy as I could to look good for the cameras, I also made sure I didn't miss the two memorials for those who lost their lives in the dreadful bombings of 2013, and then it was over. I'd crossed the line where a nice lady was put that unicorn medal around my neck and thrust a bottle of water into the other hand. I was then wrapped in a foil blanket and on my way to collect my bag.

It was my 15<sup>th</sup> marathon and though not my quickest time, my 3<sup>rd</sup> world majors star. When I ran London in 2019 I genuinely thought I was done with the distance but after winning a place in the New York City marathon that year, the possibility to chase completing the 6 majors caught my imagination. With a place for the Berlin 2021 marathon in hand, just two majors remain for me now, Chicago and Tokyo. Watch this space!



**Left: Jamaica Pond parkrun the day before**

**Right: Robin crossing the Boston Marathon finish line**

## AVR Events

### Westbury 5k series

The first edition of this event is on the 10<sup>th</sup> May with following two on 14<sup>th</sup> June and 12<sup>th</sup> July. Entries can be purchased [here](#) and offers to volunteer can be sent directly to Andrew at [Basil123andrew@gmail.com](mailto:Basil123andrew@gmail.com).



### AVR 5x5 series

The next running of this event is on 2<sup>nd</sup> June with the final one on 7<sup>th</sup> July.

Start is at 19:00. [Online entries here](#). If you would like to volunteer for the 5x5, please get in touch on [offroad@avonvalleyrunner.org.uk](mailto:offroad@avonvalleyrunner.org.uk).

### Avon Valley Runners Mob Match

**THURSDAY 9th JUNE 2022**

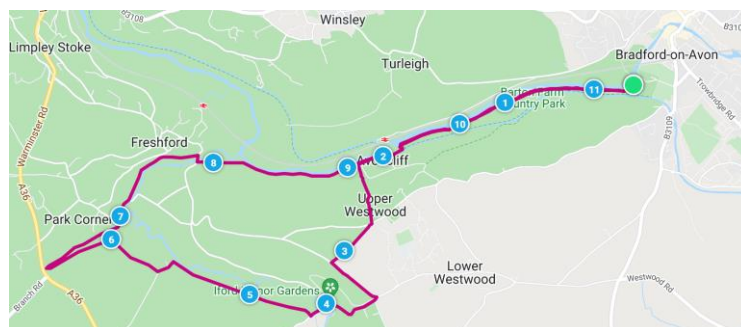
Venue:

Pound Lane Cricket Pavilion, Culver Close  
Playing Field, Bradford-on-Avon, BA15 1LF

Registration: 7.00pm

Match Briefing: 7.25pm

Match Start: 7.30pm



The course will as ever be across the 'Over the Hills' course – only backwards! Runners are asked to register from 7.00pm at the above venue ensuring they have collected their number by 7.25pm at the latest ready for the match briefing.

The match points will be determined against the finishing positions of the runners belonging to the same club/sex up to the number of the lowest attending club (though a minimum number of five runners is required). No times will be recorded, only positions to determine the match winners.

There are no marshals and no signage on the course and runners are expected to be familiar with the route. There will be a 'sweep' (last runner). More information regarding the Mob Match can be found [here](#).

**If you wish to recce the route prior to the event (which is encouraged!) please do not run through Iford Manor as this is not open to the public and not part of the course during the match. Instead please run down Iford Hill.**

We hope to see you on the evening of the 9th June.



## Active Trowbridge – by Volunteer Co-Ordinator Dave Hyde

We have been again requested to attend the Active Trowbridge Festival 2022 in Trowbridge Park. This is always a great opportunity for AVR to engage in the local community and show them what we are about and to promote the club. This year it is on Saturday 9th July from 11am-4pm. It means I need some volunteers to assist for part of that time on a rota system of 2 or 3 at a time. We have a stall and usually put on a small games event for members of the public to join in with. Unfortunately this year it clashes with AVR Relay but there is nothing we can do about that.



If you are available to assist, please drop me an email to [volunteers@avonvalleyrunners.org.uk](mailto:volunteers@avonvalleyrunners.org.uk) or catch me on a Monday night at club. You can always message me on Facebook as well.

## AVR Off-Road league 2021/22



This year (January to December) the AVR Off-Road League will be returning to the format promised for 2020, keeping the Wiltshire League and the Gwent league events. There will eventually be 20 races from which to choose including all of the WORL races for 2022 and all the Gwent League races for 2022, plus other events which may include some races further afield to add variety to the choice. Only your best eight races will count for the championship.

The first AVR runner will get 1 point, the 2nd will get 2 points and so on until all runners are accounted for. Non-runners will get five points more than the number of points of the last runner of the highest attended race. The winner will be the runner with the **least** points. Since only the best 8 races for each runner will count, you don't have to run every race however, if there is a tie for the winners then the 9<sup>th</sup> and 10<sup>th</sup> races will be taken into consideration until a winner is established.

### AVR Offroad league races 2022 so far:

1. ~~Sunday 16<sup>th</sup> January – Slaughterford 9~~
2. ~~Sunday 6<sup>th</sup> February – Lungbuster~~
3. ~~Sunday 13<sup>th</sup> February – SMaRTT Smasher~~
4. ~~Saturday 19<sup>th</sup> February – Gwent League at Blaise Castle~~
5. ~~Sunday 27<sup>th</sup> February – Terminator~~
6. ~~Saturday 19<sup>th</sup> March – Gwent League at Singleton Park, Swansea~~
7. ~~Sunday 4<sup>th</sup> April – Hanham Horror~~
8. Monday 2<sup>nd</sup> May – Sutton Veny
9. Saturday 21<sup>st</sup> May – Bristol 3 Peaks
10. Wednesday 22<sup>nd</sup> June – Chippenham Longest Day 10k

## Gwent League, Swansea

This was the fifth and final Gwent event that saw Mike Towler finishing 24<sup>th</sup> in the senior men's race, Jackie Rockliffe finishing in 14<sup>th</sup> place in the senior women's race and Diane Hier finishing in 6<sup>th</sup> place for the Masters 55 race. By the end, the AVR men landed in 10<sup>th</sup> place in the first division and the AVR ladies in 7<sup>th</sup> place in the first division.

## Hanham Horror (pictured right)

Just a couple of AVR took part in this race. David Bagshaw completed the course in 52:15 while Jennifer Ford finished in 52:58.



## The final Wiltshire Off Road league standings after all races...

Division One		WORRL 2021/22			
Position	Team	Total Points	Total Score	M	F
1	CHIPPENHAM HARRIERS A	120	7336	3589	3747
2	ROYAL WOOTTON BASSETT HOUNDS RC A	109	5378	3094	2284
3	CORSHAM RUNNING CLUB A	108	5054	3062	1992
4	CHIPPENHAM HARRIERS B	105	4897	2930	1967
5	AVON VALLEY RUNNERS A	101	4287	2286	2001
6	CALNE SMARTT A	95	3506	1924	1582
7	CALNE RUNNING CLUB A	89	3180	1410	1770
8	DEVIZES RUNNING CLUB A	87	3052	1900	1152
9	TEAM BATH ATHLETIC CLUB A	87	2583	1050	1533
10	AVON VALLEY RUNNERS B	56	1358	797	561

Full results can be found [here](#).

Runners highlighted in **yellow** are the age category leaders.

Ladies					Men				
Name	Cat	Club Name	Total		Name	Cat	Club Name	Total	
1 MICHELLE MAXWELL	FV40	CHIPPENHAM HARRIERS	595		1 JAKE STEPHENS	MSEN	CHIPPENHAM HARRIERS	600	
2 EMILY GRIFFITHS	FSEN	TEAM BATH ATHLETIC CLUB	592		2 GARY MACALISTER	MV40	AVON VALLEY RUNNERS	570	
3 Juliette HATT	FV40	CHIPPENHAM HARRIERS	571		3 SIMON RAWLINS	MV50	ROYAL WOOTTON BASSETT HO	561	
4 LILIANA SOTO	FSEN	CHIPPENHAM HARRIERS	565		5 ANDY MAIDMENT	MV40	DEVIZES RUNNING CLUB	538	
5 JULIA MADDOCKS	FV40	CHIPPENHAM HARRIERS	553		6 ALEX HARRIS	MSEN	DEVIZES RUNNING CLUB	520	
6 Michelle COVENEY	FV40	CALNE RUNNING CLUB	482		7 DAVID MACKIE	MV50	CORSHAM RUNNING CLUB	492	
7 YUKA MORRELL	FV40	CORSHAM RUNNING CLUB	460		8 NEIL PERRY	MV40	CHIPPENHAM HARRIERS	488	
8 SUSAN MACKIE	FV50	CORSHAM RUNNING CLUB	443		4 RICHARD SMITH (CH)	MV40	CHIPPENHAM HARRIERS	486	
9 Sarah CRITTLE	FV40	DEVIZES RUNNING CLUB	426		9 STUART HENDERSON	MV40	CORSHAM RUNNING CLUB	479	
10 KERRY LINDE	FV40	CHIPPENHAM HARRIERS	425		10 Matthew WAITE	MV40	Calne RC	479	
11 Tina TOWLER	FV60	AVON VALLEY RUNNERS	403		11 Rohan ARCHER	MSEN	CHIPPENHAM HARRIERS	474	
12 Samantha KELLY	FV50	Royal Wootton Bassett Hound	361		12 GILES ARCHER	MV40	CHIPPENHAM HARRIERS	473	
13 Rebecca BOLLEN	FSEN	Calne Running Club	344		13 KRIST NOONAN	MV40	CHIPPENHAM HARRIERS	469	
14 Frances Machin	FV40	Royal Wootton Bassett Hound	341		14 Chris HUNT	MV50	Corsham Running Club	452	
15 Dawn MCCAFFERTY	FV50	ROYAL WOOTTON BASSETT HO	341		15 Stephen HEAVENS	MV70	ROYAL WOOTTON BASSETT HO	445	

## AVR and Wiltshire Road Race league

This year, AVR's league will follow the same races as the Wiltshire Road Race League. There are 8 races to choose from with your best 6 to score.

1. ~~27<sup>th</sup> March – Calne Clock Change 10k~~
2. ~~10<sup>th</sup> April – Highworth 5 mile~~
3. 15<sup>th</sup> May – Hullavington Half Marathon
4. 26<sup>th</sup> June – Lacock 10k
5. 21<sup>st</sup> June/19<sup>th</sup> July/16<sup>th</sup> August – Heddington 5k race series (best time from the 3 to count)
6. 21<sup>st</sup> August – Compton Bassett 5 mile
7. 3<sup>rd</sup> September – Malmsbury 10k
8. 25<sup>th</sup> September – Devizes 10k

### Calne Clock Change Challenge

23 members took on the spring event for this challenge along its out and back 'lollipop' route. Joby Hobbs was the first AVR male over the line in 38:25 and 14<sup>th</sup> place overall while the first AVR female was Gemma Knudsen (7<sup>th</sup> female overall) in a time of 46:32.

### Highworth 5 mile (pictured right)

28 AVR took on this 5 mile loop around Highworth. Ed Knudsen won the race out right in a time of 25:19 and the first AVR female over the line was Gemma Knudsen in 34:49! Diane Hier also topped the FV55-64 age category in 35:55 which also broke another club record in the process.



At the moment, AVR are at the top of the Wiltshire league table with 39 points, closely followed by Calne RC on 37 points. Gemma Knudsen is sitting in 3<sup>rd</sup> place on the female scoreboard and Joby Hobbs is the highest scoring male AVR in 8<sup>th</sup> place overall. Full results can be found [here](#).



# Wiltshire Athletic Association

## Col's Top Shop

Thanks to the kind donation from Sean and Fiona Price the AVR Kit Manager, Colin Sawyer, has taken possession of card reader following which AVR Treasurer (Sheona Yellowlees) has set him up on SumUp. Increasingly cashless, from this point on all kit payments will be going electronic.

As always if you have a race coming up please drop Colin a line at [kit@avonvalleyrunners.org.uk](mailto:kit@avonvalleyrunners.org.uk). All the details can be found on the Club website [here](#).



Race T-Shirts are £21 whilst Race Vests and Ladies Crop Tops are £20.

